

CHAMBERS' EDINBURGH JOURNAL

CONDUCTED BY WILLIAM CHAMBERS, AUTHOR OF "THE BOOK OF SCOTLAND," &c., AND BY ROBERT CHAMBERS, AUTHOR OF "TRADITIONS OF EDINBURGH," "PICTURE OF SCOTLAND," &c.

No. 164.

SATURDAY, MARCH 21, 1835.

PRICE THREE HALFPENCE.

EFFIE.

THESE are no saying more true than that the one-half of the world does not know how the other half lives. It must be acknowledged that those who clothe themselves in silk and fine linen every day, possess, for the most part, a wonderful amount of knowledge respecting the motions of the stars and other heavenly bodies—the history of nations which flourished before and immediately after the flood—the structure of the materials of the globe—the whole scheme of the animal creation, from an invisible infusoria to the stately giraffe: in short, they know a vast deal both of what is useful and what is useless; but with all their stores of information, they generally know nothing of how the myriads of their fellow-creatures, inferior to them in the scale of worldly wealth, find the means of daily subsistence.

When we pass along the streets of a crowded city, how many objects of misery pass by us unheeded!—pitied if noticed, perhaps, but in general disregarded, shunned, and despised. Yet all these miserable children of misfortune, who seem to us on the extreme verge of poverty, must have some means of living. They must contrive to do something to help on the machine of society, so as to earn a crust of bread and purchase shelter for the night. Many, too many, there are who contrive to draw a scanty and precarious subsistence from the daily commission of transgressions on the persons and property of their fellow-creatures; but it is pleasing to reflect, that there are far more, even in the very humblest classes in crowded cities, who shun the paths of vice, and resort to honest and commendable shifts for the sake of themselves and their little ones. If any one would wish to instruct himself in the character and resources of these humble denizens of this world, he will require to seek them in their abodes, and there become acquainted with their divers processes of economy. These cannot be learned from books: they are not yet esteemed worthy of being put in print. The lives of the abject are too prosaic for the pages of the romance writer, and the philosopher has not yet found them out. Occasionally they furnish a passing detail to the drawer-up of reports for destitute sick societies; and it is reasonable to conclude that they are counted once in ten years by the individual, whoever he be, who makes up the census of the population. Further than this, they never flourish in literature. Forgotten and unknown, however, as hundreds of thousands thus remain from age to age, their lives are not passed without a share of enjoyment, frequently not without the exercise of considerable mental energy, and the display of traits of sensibility, such as would scarcely be expected from their education or their habits. But is this wonderful?—are they not human beings, even though steeped to the lips in poverty, and engaged in a keen struggle with the fell enemy starvation? Indeed they are, and susceptible in no mean degree of the common feeling in the lot of man. Toiling in obscure garrets, dingy apartments in back courts, or sunk caverns in antiquated and unwholesome alleys, the better sentiments of the heart expand, flourish, and brighten, where nothing could be expected to grow and ripen into beauty. The greater the gulf that is placed betwixt them and the upper stream of humanity, the more are they thrown upon their own resources, and a dependence on the kindly assistance of each other. In all their distresses, they find the chief succour among themselves. When death lays the father of the family low, or when a child is brought into the world—which too often may be considered a calamity more than a matter of rejoicing—then are these generous feelings developed, and succour and conso-

lation freely and instantly conferred by those who themselves hardly less require support under their multifarious and heart-rending distresses. It is also to be observed, that, mixed up with the miserable and perhaps the vicious, there are always some individuals who exert greater energy, and display finer traits of character. Where there is a profligate and idle husband, there may be a suffering and industrious wife. Where the wife is a drunkard and a wretch, the husband, or a grown-up child, or some one connected with the family, will exhibit a redeeming virtue and constancy, and contrive to keep the heads of the rest barely above water. Verily, few Gomorras of this kind are without ten righteous to save from utter ruin the multitude of the wretched.

Besides affording mutual succour in the day of trouble, and more or less consorting together, it may be said that the poor in many instances live upon what they can gain by dealing with each other in the way of trade. In that humble department of society which is ordinarily classed under one great head, there are many degrees of rank, from the little huckster down to the lowest possible outcast. All rank, it will be remembered, is comparative, and, therefore, within the precincts of an alley, which many would shudder to look into, shall we find a world in miniature, a high, a middle, and a lower class, an extreme aristocracy and a democracy, fully typifying what is exhibited on a grander scale in the upper regions of society. I had lately an opportunity of scraping up a few particulars illustrative of this state of things. One day, while endeavouring to shorten my way by threading a series of dingy alleys in the more ancient part of the town, my attention was arrested by a woman poorly yet decently appalled, who was laying out some things on a shabby decayed table, planted by way of stall at an open door. I immediately knew the face; it was that of an old servant of one of my familiar friends, subsequently a humble hanger-on, but who had latterly vanished, and been no more heard of. "Effie, is it you?" said I. "Deed is't, sir; it's naebody but Effie, although she has come to a low met, when you see her in sic a like place as this." "How do you manage to live here?" said I in reply; "do you keep a shop—do you sell things—what sort of a business do you carry on?" "Trowth, sir," continued Effie, "it's no easy to say how I mak a leevin'; I've ha'en a gayair ficht a way and another, frae first to last; but it's been, I hope, an honest fend in the main, and I wad be bauld to compleen. I canna just say I keep a shop, yet it's a kind o' shop too; at least I buy and sell things, and do what I can in a sma' way to gather twa-threepence. But may be you'll step in a minute and sit down." I certainly did not despise the humble offer, and so forthwith picked my steps into an exceedingly ill-lighted apartment, the ground floor of a tenement six or seven stories in height. The room was arched overhead, and, originally a cellar, seemed now a nondescript mixture of shop and dwelling-house, the former quality evidently predominating. No imagination could picture the assortment of *goods* which were lying about and stored up in this obscure emporium of merchandise. There seemed to be a collection of every thing that was useless in creation. It was a concentration of every thing that was decayed, worn out, and incurable in the domestic system of the poor. There were old coal skuttles, filled with women's cast-off shoes that had been long worn as street slippers, or *bauchies*; by the side of these stood a pile of rusty nails and the smallest pieces of old iron, such as bits of latches of doors, hinges, and locks; frying-pans without any bottom, and kettles

wanting both handles and spouts; you might also see teapots past holding water, with a little earth in them to show they might still do for growing thyme and marjoram at garret windows; hearth-brushes without bristles; old pieces of tattered carpet, legs of tables, backs of chairs, broken looking-glasses with the quicksilver mostly worn off; above all was conspicuous an immense lot of old blacking bottles and medicine phials, with an extensive variety of old keys of all shapes and sizes. There was likewise visible an assortment of second-hand carpenters' tools, particularly planes for cutting grooves in deals, and forming mouldings for doors and panels. These, and innumerable other odds and ends, especially of wearing apparel, filled Effie's shop, leaving little room for domestic purposes. On the walls and at the entrance were hung up in tempting array a complete wardrobe of old doubly worn-out shawls, with patterns washed out of all countenance, shreds of petticoats and gowns, checked aprons and dirty straw bonnets, coats without tails, and tails of coats without bodies, with waist-coat fronts, strings of buttons, and trousers full of holes. Such were all hung up in an easy fashion against the thickly whitened wall, but wisely secured from eloping up or down the close by means of a cramp-stick, which kept them to their respective places.

While making myself acquainted with these interesting particulars, I was also listening to Effie's story. It was the old thing over again. "Married out of a good place—man drank—deserted—left her with a sma' family, and married another woman, whom he set off with to Newcastle—not able to get any redress—a poor destitute craiter—taken in at last by a widow-woman who kept a mangle—by her set up in her present shop—all she had to begin with only three shillings and ninepence—had a sair struggle at first, but in the end got into a way o' doin', and was able to keep a house aboon her head—set her bairns to the schule, and pay for a seat in Mr Lothian's meeting-house in the Vennel." Such was the sum and substance of Effie's recital of her history; and it is the history of too many of her class, with the slight difference that few are so successful in their efforts to rescue themselves from misery. The most curious part of Effie's harangue was the description of her ways and means. She had been planted in a bare cavern in one of the lowest alleys in the town; and her capital, as I have said, amounted to three-and-ninepence, out of which she paid a shilling to get her establishment registered. With no more than two-and-ninepence, then, did she commence business. Some may think, as I was inclined to do, that this was a very small, a uselessly small capital to embark in trade; but let us again recollect, that every thing is great or small only by comparison. Two-and-ninepence was a great sum in a close where the circulating medium was very little seen, and which had a dramshop both at the head and the foot. A single penny is a great sum to some people: it is of more value to them than a thousand pounds would be to others. So was it in the neighbourhood of Effie. No sooner had she opened shop than she began to get customers. Her business consisted in a great measure of buying things from the poor people about her, and selling them back again at a profit. One brought her a door-key, another a pair of old shoes, a third a smoothing-iron, a fourth a worn-out apron, a fifth an old brass candlestick, and a sixth a coal-axe. Bargains such as these varied in value from a penny to twopence-halfpenny, or threepence. Beyond the last sum Effie did not go: threepence was her maximum. Articles of greater value naturally went up to the main street to the pawnbroker's, for they were pawnworthy. The broker's charge of

a penny for the ticket could be afforded upon them, independent of the interest of the loan. Effie's business was thus a species of pawnbroking in its way: it might indeed be called either pawning or buying, according to the capabilities and inclination of the dealer. The door-key which was sold for a penny in the morning, would, if means came in, be bought back at night for three-halfpence; but if resources failed, as they were apt to do, or if the exigencies were pressing, then the said key lay on Effie's stall till bought for sixpence on some future occasion by a customer in search of keys. Of course by this arrangement the door lost its key; but this was nothing to the seller: it was the look-out of the landlord, who might be thankful to find his door left—glad it was not cut up to supply the match manufacturer next house. "Effie," said I, "this is a dreadful business you are engaged in; you take an enormous per-cent on your accommodations." "Per-cent here, per-cent there," replied she, "it's just a bawbee on a penny, and I couldna tak less. I rin great risks, and at first I lost a good deal wi' bad debts, besides being ance fined half-a-crown by the police for buying a pair o' auld tings that were said to be stown." It would have been very needless for me to have made any other remark. It was clear Effie was an usurer; but as such, only a humble imitator of her superiors. She did on a small scale only what our bankers—paper-money manufacturers—do on a larger one. At all events, it was by this means she picked up a subsistence, and, by her negotiations, rose to be one of the aristocracy of the close. She was reckoned a monied woman—had been seen to have silver shillings—shillings that would go, if taken to the spirit-dealer's at the head of the wynd.

Great indeed must be the want which prevails in households where every thing has vanished above the value of a single penny! Dire must be the privation which can induce so deplorable a means of subsistence as the dissipation of every moveable belonging to bed, board, or bodily covering; depending for its restoration on sources the most precarious! Still more deplorable is the reflection, that by far the greater part of this traffic is carried on by females in the last stages of destitution; women often the mothers of families, whose native good principles have been banished by the pressure of poverty and misusage, and whose sole object in life was at length the acquirement of a single penny to purchase a dose of deleterious and intoxicating liquor! According to the statement of my friend Effie, in answer to a parting interrogatory, "it was mainly a' for the dram drink" that her impoverished neighbours divested themselves of every comfort in their dwellings. For a dram of base whisky they raked the streets for rubbish: for this they begged, for this they desolated their households, sacrificing both body and soul for a temporary excitement, a momentary gratification! Horrid drug, one may well say; what terrible scenes of domestic affliction, strife, and bloodshed, are caused by thy baneful allurements!

THE LAWS OF BODILY EXERCISE. BEING FIRST SEQUEL TO THE ARTICLE "USE AND HAVE."

In the article entitled "Use and Have," it was shown that exercise produced an increased afflux of fluids, and consequently of strength, to the framework of the body, as well as the organs of the mind, and a few such rules were laid down as the following:—1. That each particular organ is only to be improved, or kept in a sound state, by the exercise of that organ; 2. That exercise will only be beneficial if the muscular action be accompanied by a certain nervous impulse which the mind communicates when it is pleased with the nature, object, and other circumstances of the exercise; 3. That the waste which exercise occasions must be repaired by proper supplies of food at proper intervals; 4. That exertion must never be greater than what the organs can easily bear, as, otherwise, they will be injured, instead of being improved. It may now be proper to give a few general hints for the taking of exercise.

"The time at which exercise ought to be taken, is of some consequence in obtaining from it beneficial results. Those who are in perfect health may engage in it at almost any hour, except immediately after a full meal; but those who are not robust, ought to confine their hours of exercise within narrower limits. To a person in full vigour, a good walk in the country

before breakfast may be highly beneficial and exhilarating; while to an invalid or delicate person, it will prove more detrimental than useful, and will induce a sense of weariness, which will spoil the pleasure of the whole day. Many are deceived by the current poetical praises of the freshness of morning, and hurt themselves in summer by seeking health in untimely promenades.

In order to be beneficial, exercise must be resorted to only when the system is sufficiently vigorous to be able to meet it. This is the case after a lapse of from two to four or five hours after a moderate meal, and, consequently, the forenoon is the best time. If exercise be delayed till some degree of exhaustion from the want of food has occurred, it speedily dissipates instead of increases the strength which remains, and impairs instead of promotes digestion. The result is quite natural; for exercise of every kind causes increased action and waste in the organ, and if there be not materials and vigour enough in the general system to keep up that action and supply the waste, nothing but increased debility can reasonably be expected.

For the same reason, exercise immediately before meals, unless of a very gentle description, is injurious, and an interval of rest ought always to intervene. Muscular action causes an afflux of blood and nervous energy to the surface and extremities, and if food be swallowed whenever the activity ceases, and before time has been allowed for a different distribution of the vital powers to take place, the stomach is taken at disadvantage, and, from want of the necessary action in its vessels and nerves, is unable to carry on digestion with success. This is very obviously the case where the exercise has been severe or protracted, and the consequence is so well known, that it is an invariable rule in the management of horses, never to feed them immediately after work, but always to allow them an interval of rest proportioned to the previous labour. 'Eat not,' therefore, 'until you are fully reduced to that temper and moderate heat as when you began, and when the spirits are retired to their proper stations.' Even instinct would lead to this conduct, for appetite revives after repose.

Exercise ought to be equally avoided immediately after a heavy meal. In such circumstances, the functions of the digestive organs are in their highest state of activity; and if the muscular system be then called into considerable action, the withdrawal of the vital stimuli of the blood and nervous influence from the stomach to the extremities, is sufficient almost to stop the digestive process. This is no supposition, but demonstrated fact; and, accordingly, there is a natural and marked aversion to active pursuits after a full meal. In a dog, which had hunted for an hour or two directly after eating, digestion was found on dissection to have scarcely begun; while in another dog, fed at the same time, and left at home, digestion was nearly completed.

A mere stroll which requires no exertion, and does not fatigue, will not be injurious before or after eating; but exercise beyond this limit is hurtful at such times. All, therefore, whose object is to improve or preserve health, and whose occupations are in their own power, ought to arrange these, so as to observe faithfully this important law, for they will otherwise deprive themselves of most of the benefits resulting from exercise.

When we know that we shall be forced to exertion soon after eating, we ought to make a very moderate meal, to avoid setting the stomach and muscles at variance with each other, and exciting feverish disturbance. In travelling by a stage-coach, where no repose is allowed, this precaution is invaluable. If we eat heartily as appetite suggests, and then enter the coach, restlessness, flushing, and fatigue, are inevitable; whereas, by eating sparingly, the journey may be continued for two or three days and nights, with less weariness than is felt during one-fourth of the time under full feeding. I observed this when travelling as an invalid on rather low diet, and was surprised to find myself less fatigued at the end of seventy-two hours, than I had previously been, when in health and living fully, with half the journey; and I have heard the same remark made by others, also from experience.

Different kinds of exercise suit different constitutions. The object, of course, is to employ all the muscles of the body, and to strengthen those especially which are too weak; and hence, exercise ought to be often varied, and always adapted to the peculiarities of individuals. Speaking generally, walking agrees well with every body; but as it exercises chiefly the lower limbs and the muscles of the loins, and affords little scope for the play of the arms and muscles of the chest, it is insufficient of itself to constitute adequate exercise; and hence the advantage of combining with its movements performed by the upper half of the body, as in rowing a boat, fencing, shuttlecock, and many other useful sports. Such exercises have the additional advantage of animating the mind, and, by increasing the nervous stimulus, making exertion easy, pleasant, and invigorating.

Pedestrian excursions, in pursuit of mineralogical or botanical specimens, or in search of scenery, combine in their results all the advantages which well-conducted exercise is capable of yielding, and are much resorted to in the German seminaries, for the purpose of developing the mental and bodily powers. On the Continent generally, more attention is paid to physical health in the education of the young than

with us; and in many institutions a regular system of useful manual occupation is substituted for mere play, and with decided advantage. For not only is the physical organisation thereby strengthened and developed, but the mental energy and dignity of character are increased, and the mind becomes better fitted for independent action.

In summer, walking excursions to the Highlands of Scotland are common among the youth of our cities, and when proportioned in extent to the constitution and previous habits of the individual, nothing can be more advantageous and delightful. But not a season passes in which health is not sacrificed and life lost by young men imprudently exceeding their natural powers, and undertaking journeys for which they are totally unfitted. It is no unusual thing for youths, still weak from rapid growth, and perhaps accustomed to the desk, to set out in high spirits at the rate of twenty-five or thirty miles a-day, on a walking excursion, and (in consequence of carrying exercise, for days in succession, to the third degree, or that in which waste exceeds nutrition) to come home so much debilitated that they never recover. Young soldiers, whose growth is scarcely finished, are well known to die in great numbers, when exposed to long and heavy marches, particularly when food is at the same time scanty. Even a single day of excessive fatigue will sometimes suffice to interrupt growth and produce permanent bad health; and I know one instance of a strong young man, who brought on a severe illness and permanent debility, by a sudden return to hard exercise for a single day, although some years before he had been accustomed to every species of muscular exertion in running, leaping, and swimming.

Riding is a most salubrious exercise, and where the lungs are weak, possesses a great advantage over walking, as it does not hurry the breathing. It calls into more equal play all the muscles of the body, and, at the same time, engages the mind in the management of the animal, and exhilarates by the free contact of the air and more rapid change of scene. Even at a walking pace, a gentle but universal and constant action of the muscles is required to preserve the seat, and adapt the rider's position to the movements of the horse; and this kind of muscular action is extremely favourable to the proper and equal circulation of the blood through the extreme vessels, and to the prevention of its undue accumulation in the central organs. The gentleness of the action admits of its being kept up without accelerating respiration, and enables a delicate person to reap the combined advantages of the open air and proper exercise, for a much longer period than would otherwise be possible.

From the tendency of riding to equalise the circulation, stimulate the skin, and promote the action of the bowels, it is also excellently adapted as an exercise for dyspeptic and nervous invalids.

Dancing is a cheerful and useful exercise, but has the disadvantage of being used within doors, in confined air, often in dusty rooms, and at most unseasonable hours. Practised in the open air, and in the day time, as is common in France, dancing is certainly an invigorating pastime; but in heated rooms, and at late hours, it is the reverse, and often does more harm than good.

Gymnastic and calisthenic exercises have been in vogue for some years, for the purpose of promoting muscular and general growth and strength, but they are now rather sinking in public estimation, entirely, I believe, from overlooking the necessity of adapting the kind and extent of them to the individual constitution; the consequence of which has been, that some of the more weakly pupils have been injured by exertions beyond their strength, and discredit has thus been brought upon the system. It is certain, indeed, that many of the common gymnastic exercises are fit only for robust and healthy boys, and not at all for improving those who are delicately constituted, and who stand most in need of a well-planned training. It is impossible to enter minutely into this subject at present, but again the general principle comes to our assistance:—viz. Carefully to avoid great fatigue, and always to adapt the kind, degree, and duration of every gymnastic exercise, so as to produce the desired results of increased nutrition and strength; and to remember that the point at which these results are to be obtained, is not the same in any two individuals, and can be discovered only by experience and careful observation.

For giving strength to the chest, fencing is a good exercise for boys, but the above limit ought never to be exceeded, as it often is, by measuring the length of a lesson by the hour-hand of a clock, instead of its effects on the constitution. Shuttlecock, as an exercise which calls into play the muscles of the chest, trunk, and arms, is also very beneficial, and would be still more so, were it transferred to the open air. After a little practice, it can be played with the left as easily as with the right hand, and is therefore very useful in preventing curvature and giving vigour to the spine in females. The play called the graces is also well adapted for expanding the chest, and giving strength to the muscles of the back, and has the advantage of being practicable in the open air.

Dumb-bells are less in repute than they were some years ago, but when they are not too heavy, and the various movements gone through are not too eccentric or difficult, they are very useful. They do harm occasionally from their weight being disproportioned to

the weak frames which use them; in which case they pull down the shoulders by dint of mere dragging. When this or any other exercise is resorted to in the house, the windows ought to be thrown open, so as to make the nearest possible approach to the external air.

Reading aloud and recitation are more useful and invigorating muscular exercises than is generally imagined, at least when managed with due regard to the natural powers of the individual, so as to avoid effort and fatigue. Both require the varied activity of most of the muscles of the trunk to a degree of which few are conscious, till their attention is turned to it. In forming and undulating the voice, not only the chest but also the diaphragm and abdominal muscles are in constant action, and communicate to the stomach and bowels a healthy and agreeable stimulus; and, consequently, where the voice is raised and elocution rapid, as in many kinds of public speaking, the muscular effort comes to be even more fatiguing than the mental, especially to those who are unaccustomed to it; and hence the copious perspiration and bodily exhaustion of popular orators and preachers. When care is taken, however, not to carry reading aloud or reciting so far at one time as to excite the least sensation of soreness or fatigue in the chest, and it is duly repeated, it is extremely useful in developing and giving tone to the organs of respiration, and to the general system. To the invigorating effects of this kind of exercise, the celebrated and lamented Cuvier was in the habit of ascribing his own exemption from consumption, to which, at the time of his appointment to a professorship, it was believed he would otherwise have fallen a sacrifice. The exercise of lecturing gradually strengthened his lungs and improved his health so much that he was never afterwards threatened with any serious pulmonary disease. But of course this happy result followed only because the exertion of lecturing was not too great for the then existing condition of his lungs. Had the delicacy of which he complained been further advanced, the fatigue of lecturing would only have accelerated his fate, and this must never be lost sight of in practically applying the rules of exercise.

It appears, then, from the foregoing remarks, that the most perfect of all exercises are those sports which combine free play of all the muscles of the body, mental excitement, and the unrestrained use of the voice; and to such sports, accordingly, are the young so instinctively addicted, that nothing but the strictest vigilance and fear of punishment can deter them from engaging in them the moment the restraint of school is at an end. Many parents, absorbed in their own pursuits, forgetful of their own former experience, and ignorant that such are the benevolent dictates of nature, abhor these wholesome outpourings of the juvenile voice, and lay restrictions upon their children, which, by preventing the full development of the lungs and muscles, inflict permanent injury upon them in the very point where in this climate parents are most anxious to protect them. In accordance with this, we find that what are called wild romping boys or girls, or those who break through all such restrictions, often turn out the strongest and healthiest: while those who submit generally become more delicate as they grow older.*

THE FRENCH SERJEANT.

DURING the war in Spain, the French soldiers who fell into the hands of the Spaniards were treated with the most inhuman barbarity. Their lives were only spared that they might suffer the cruelest inflictions. They were often starved to death for lack of food, received no supplies of clothing, and, in short, were treated worse than if they had been brutes. We have conversed with French officers who spoke of their usage in Spain with horror, though it ought to be allowed that the provocation was certainly chargeable on the aggressions of Napoleon's army. Different works have been published by French writers, giving important details relative to the miseries of the peninsular campaign; but none that we have seen contains so many interesting, though perhaps exaggerated, particulars as that which appeared under the title of the "Adventures of a French Serjeant." This personage, Guillemand by name, was taken prisoner in the month of January 1810, and immediately dispatched by a vessel to the small barren island of Cabrera, in the Mediterranean, at that time the Spanish dépôt of French prisoners. The following is Guillemand's account of his reception and residence:—

"When we approached the coast, we saw the rocks on the shore crowded with people; I could soon distinguish the persons individually, who had their eyes fixed upon us, and seemed to follow our movements with anxious care. I examined them in my turn, without being able to account for the scene before me; at last, a sudden impulse, which struck me with astonishment and stupefaction, told me that the men before me were Frenchmen, whose lot I was come to share. Many of them were quite naked, and as black as mulattoes, with beards fit for a pioneer, dirty and out of order; some had pieces of clothing, but they had no shoes, or their legs, thighs, and part of their

body, were bare. The number of these new companions of mine I estimated to be about five or six thousand, among whom I at last saw three with pantaloons and uniforms still almost entire; the whole body were mingled together on the rocks and the beach, were shouting with joy, beating their hands, and following us as we moved along.

The brig came at last quite close to the shore, and was fastened to a rock, and a plank was put out for us to land. About twenty prisoners only were allowed to come on board, while a file of thirty Spaniards were drawn up on the shore, and were ready to fire on any of the rest who should make any sign of coming too near. The provisions were landed on the shore by the prisoners who were allowed to approach; I also landed, and in about an hour after, the brig was under weigh, and was speedily out of sight.

An immense semicircle was formed round the spot where the bread and meat had been deposited. Ten or twelve persons were in the centre; one of them had a list in his hand, and called out successively for the different divisions to come forward, and likewise cried out their respective numbers. Three or four men then came forward, received the rations allotted to their mess, and carried them away; the private divisions were then made among themselves. I should not give a just idea of the manner in which the distribution was made, by saying that the utmost order and regularity prevailed; it was more than order: it was a kind of solemn and religious gravity. I doubt if the important and serious duties of ambassadors and ministers of state have ever in any country been fulfilled with such dignity as was shown on the countenances and in every movement of the distributors. Bread seemed to be a sacred object, the smallest morsel of which could not be secreted without committing a heinous crime; the smallest pieces which had been broken off in the conveyance, were gathered with care and respect, and placed on the heap to which they belonged."

Guillemand being recognised by an old companion, Ricaud, is taken by him to lodge in his hut, a most miserable place, more like a pigsty than a human dwelling. Here a quarrel takes place betwixt Ricaud and Lambert, one of his companions, which ends in a duel being determined upon. In the morning, an inmate is dispatched to purchase arms for the combat. "He left us," says the writer, "and returned in about a quarter of an hour with a pair of English razors. During his absence Ricaud had instructed me concerning the manner in which they were going to fight, and the kind of duels that daily took place at Cabrera. Sometimes they fixed the halves of razors at the end of long sticks, and used them as swords; at other times they used knife-blades, razors, and sometimes even awls and sail-makers' needles."

We took two sticks about an inch thick, and three feet long, and prepared to fix the razors on them. But as we had not what was necessary for the purpose, we went to the bazaar to buy some articles. This was the market for the prisoners. It was situated at a spot honoured with the name of the Palais Royal, surrounded by ten or twelve huts, and containing as many stalls, some in the open air, others with a slight covering, with one end fixed to the ground, and the other supported by two poles. Here were sold bread, some salt fish, scraps of cloth, thread, needles, wooden forks, and spoons; the various produce of the industry of the prisoners; pepper, twine, and other articles in the smallest quantity, for one could buy a single thread, a scrap of cloth no bigger than one's hand, and even a pinch of snuff, three of which cost a sou. I remember a Polish officer who owed nine pinches, and the shopkeeper refused to give him any more credit.

We bought two bits of twine, and after fixing on the weapons, we hastened to the cemetery. It was on a hill about a quarter of an hour's walk from the Palais Royal. Since the arrival of the prisoners at Cabrera, they had uniformly chosen this spot as a place of rest for those who had sunk under their misery, or who had fallen by the hands of their companions; it was there that they also met to settle their differences in single combat. Ricaud threw off his waistcoat; and as Lambert had nothing but pantaloons on, he was soon ready. They put themselves in a fighting attitude, and both displayed great coolness and courage. Lambert was much the stronger of the two, and my friend required all his skill to parry the thrusts that were aimed at him; the razor flourished round his head and shoulders without intermission, and struck him at last on the chin. He made a furious thrust in return, but fortunately it did not reach its object fully, though it made a pretty scratch on Lambert's nose. We rushed between them when blood began to flow; we separated them, and made them shake hands; as their wounds were not of much consequence, we all returned to breakfast together in front of our hut.

I began to feel a great liking for Ricaud, who had offered me with the most cordial frankness every little service that was in his power; I was desirous of becoming acquainted with the island, which I was probably destined to inhabit for a long space of time; and after breakfast, we set out to visit it together. Cabrera is nothing but a calcareous rock, about a league long, the very irregular coasts of which form two little bays, one situated on the north, the other to the south. At the entrance of the former was an old dilapidated castle, whose roof had long been de-

stroyed; yet some French officers, who had passed some months at Cabrera, had made some of the rooms fit to be inhabited; and at the period of my arrival, a Spanish priest, who was sent by his government to take care of our souls (of which they seemed infinitely more anxious than about our bodies), had fixed himself in it, and said mass every Sunday.

The whole island is covered with rocks and hillocks, and some of those in the centre rise even into considerable hills. It may be well imagined that the vegetation is not very rich: it is like that of all the petty isles in the Mediterranean. The mastic tree, the carob tree, the myrtle, and the honeysuckle, occupy the clefts in the rocks; and these, along with the pine trees, which grow wherever there is sufficient depth of soil, are almost the only vegetable substances that shade the earth in this sterile island. There was a pretty handsome pine wood at the east end of the island, but it was daily disappearing, on account of the demand for wood to build huts with.

In other circumstances, I should have been delighted in visiting several caves that Ricaud had pointed out to me; one of them contained stalactites of a most singular form; another, called the Honeysuckle Cave, is in a most picturesque situation. But we could not walk a step without meeting with some of the prisoners, and what I saw of their mode of life, which was about to become my own, inspired me with thoughts directed to very different subjects than the views of Cabrera; I already began to cease replying to Ricaud's conversation, and scarcely listened to his accounts; I walked beside him absorbed in thought, reflecting on the fate of the six thousand Robinson Crusoes before my eyes, thrown upon a desert island, without arms or tools of any kind, and having nothing to look to but their inventive industry, and the native energy of Frenchmen. I was informed that the whole colony had but one hatchet, and one saw made out of an old iron hoop. The hatchet belonged to a sailor, and the saw to a corporal of a regiment of foot. They hired them out at the rate of three-halfpence a day, and a deposit, to those who had occasion for them; and it was by their aid that the greater part of the huts in the island had been constructed. These huts were placed in the middle of the island, in front of the little port, and those of the soldiers of the same corps were grouped together."

Shortly after the serjeant's arrival, he was told, that, in virtue of being an officer, he was entitled to a seat in the council which was appointed by the prisoners to settle their disputes. "I was soon called," says he, "to take my place in it; the sittings were held in the open air, near the Palais Royal. We were twelve in number, and sat on stones arranged in a circle; an immense crowd waited round us, to hear our decision, and to put our sentence into execution if necessary. We had to try a soldier, who was accused of stealing a piece of bread from his companion; this was the greatest and most unpardonable crime that could be committed at Cabrera; even betraying any one attempting to escape, though it excited more horror, did not usually receive a punishment so cruel; nothing could save a bread-stealer, who, the moment he was condemned, was stoned to death by the surrounding crowd. We heard the accusers and the accused, the witnesses and his counsel, for he had one, who, according to custom, endeavoured to prove him as pure as snow. Evidence of the crime was given, and the council were preparing to give their votes, the mode we adopted in all our meetings. They seemed to me nowise disposed to indulge, while I thought it very cruel to cut off an unfortunate being for stealing a piece of bread, not weighing two or three ounces. It was in vain that I reflected that every thing is relative, and that this theft, so trifling every where else, might in our position expose the loser to die of hunger, and therefore deserved an exemplary punishment; I could not bring myself to vote against the culprit. I spoke in favour of the accused, who was very young; I mentioned his good qualities, which his advocate had talked of loud and long, and I concluded by asking, as a personal favour, that the council would incline towards mercy, at this the first time that I took part in their proceedings. I was so fortunate as to succeed; the criminal was only condemned to be exposed twenty-four hours on the pillory without food or drink.

"Meanwhile," continues the serjeant, "every one was busy at Cabrera; we had tailors, shoemakers, public criers, artizans in hair, bones, and tortoise-shell, and some who cut out with their knives little figures of animals in wood; and about two hundred men, the wreck of a dragoon regiment, raised in Auvergne, were quartered in a cave, and made spoons of boxwood. The latter had only one pantalon and one uniform among the whole corps, and these articles seemed ready to leave them very speedily, and were delivered successively to one of their number appointed to receive their provisions. All the articles I have enumerated were sold at low prices to the crews of the brig and gun-boats, and to some Spaniards, whom our singular mode of life, or the hope of making a good speculation, attracted to our settlement.

But the most abundant articles with us were professors of all kinds. One-half of the prisoners gave lessons to the other half. Nothing was seen on all sides, but teachers of music, mathematics, languages, drawing, fencing, above all, dancing and single-stick. In fine weather, all these professors gave their lessons

* The portion of this article within inverted commas is a series of extracts from Dr Combe's *Principles of Physiology*.

at the Palais Royal, quite close to each other. It was quite common to see a poor devil half naked, and who had often not partaken of food for twenty-four hours before, singing a very gay air of a country dance, and interrupting it from time to time, for the purpose of saying, with infinite seriousness of demeanour, to his pupil dressed in the remains of a pair of drawers, "That's right; keep time with your partner; wheel round hold yourselves gracefully." A little farther on, a teacher of single-stick was showing off his acquirements, and endeavoured to excite the emulation of his pupil by such phrases as, "That will do; I am satisfied with you; if you go on with the same success, in less than a fortnight you may show yourself in company." A scrap of paper, about as large as one's hand, was placed as a sign, and the most eminent of all our professors had no better."

This spectacle of industry rouses Guillemand to think of setting up in some kind of business like his neighbours, and forthwith struck upon the idea of establishing a theatre, which he thought must be eminently successful. To be sure, he had no house, scenes, dresses, books, or any other trappings of a theatre; but this did not discourage him. He discovered a vast cistern or cavern among the ruins of an old castle, which he pitched upon for his purpose, although the roof was nearly gone. He was lowered into the cistern by means of a cord, and found about a foot of water or mud in the bottom. After incredible exertions, he got the place cleared of its liquid matter and rubbish, and seasoned it with a good fire of pine wood. The next thing he did was to elevate a stage, which he formed of sand and stones, and "procuring some ochre and red lead (says he), I daubed the walls yellow, with a red border; hung all round garlands of leaves, which I also made use of as a screen between the stage and the spectators; and I finished my labours by writing, not indeed on the curtain, for I had none, but on the bottom of the stage, *Castigat ridendo mores*.

I had long before this fixed upon the play with which my troop was to commence their operation. It was the *Philocrite* of Loharpe. I had formerly played the character, and still remembered it, as well as fragments of a variety of plays. I wrote them out as well as I could, and when I forgot the lines, I filled up the vacancy in prose. Darier engaged to play the character of Ulysses; Chobar that of Pyrrhus; and a pioneer of the line, with a stentorian voice, and no small portion of sense, assumed the character of Hercules. At length a public crier went through the camp, and gave notice that the same evening *Philocrite* would be performed, with the afterpiece of *Martor et Frontin*. I had transcribed this little piece pretty correctly, and performed it along with Chobar.

About three hundred persons could find room in my cistern, and as I had put the places at two sous, it was completely crowded; the company descended into it by the ladder I had made; and a confidential man was placed on the first step to receive the money, which he put into a little cloth bag that was tied round his neck. The theatre was lighted up by torches of pine wood, borne at different distances by the attendants of the theatre, and they lighted fresh ones in proportion as the others were consumed. All the allusions to our situation in the tragedy were noticed, with a tact that would have done honour to the taste of a more brilliant assembly. At the début,

"Non voici dans Lemnos, dans cette ile sauvage,
Dont jamais nul mortel n'abord'a le rivage."

we were covered with shouts of applause; and I thought they would bring down the roof of the cistern when I pronounced this line:—

"Il m'ont fait tous ces maux; que les dieux le leur rendent.
I was obliged to repeat it, and to stop for some time, to allow the agitation of the audience to be calmed.

Such a successful beginning was well calculated to encourage us: I laboured incessantly, and wrote out several plays that I recollect, and we performed them all in their turn. Our funds increased amazingly, as well as our general comforts. We left half of our profits to the general fund, and divided the rest. Ricaud had already procured himself decent clothing. I had already bought a curtain for my theatre; I had obtained ropes, nails, a hammer, and even a hatchet, for which a Spaniard had made me pay a most exorbitant price; all these objects were intended to aid us in our theatrical arrangements, but they could also be of use in our grand project of making our escape, which we had not lost sight of: every evening we carefully locked them up in our hut. I was very desirous also of obtaining some arms, a sabre at least, for each of us; but I tried in vain, and did not press this matter much, for fear of becoming suspected; so that our tragic heroes were forced to be satisfied with wooden sabres.

The whole colony felt an interest in our dramatic success; for after the second performance, I always allowed twenty of those who had not the means of paying to receive a free admission; but during the month of September a calamity befell the island, which carried off a great number of our fellow-prisoners, and suspended for several days work of every kind, lessons, and amusements. The provisions did not arrive on the day they were expected; but this misfortune had occurred so frequently that it did not create much surprise; the next day, at the usual hour, the starving prisoners covered the heights and the shore, expecting every moment to see the long wished for vessel. Their anxiety continued increasing, the day passed over, and night came on, while their hopes

became fainter and fainter. There was nothing heard but one universal cry of horror and indignation against the Spaniards, who had resolved, said the multitude, to leave us to die of hunger. On the first day of the scarcity, the small store of provisions in the hands of the shopkeepers had been consumed. On the second night, more than a hundred and fifty persons died of madness or inanition. The third day came, and the prisoners crawled again to the shore: our looks were anxiously directed to the sea, but at twelve o'clock nothing had yet been seen.

The council had assembled, and resolved that a deputation should be sent to Estebrech (a priest who had been sent by the Spanish government to live amongst the prisoners), that he might communicate our distress to the English brig and the gun-boats, and that he might find out some means of relieving us. I went to him, along with Ricaud, and found him at dinner, with a dish of meat, and half a stuffed goose that looked very inviting. He heard us without masticating a bit the less, and concluded by offering us a glass of wine, and promising that he would go in a moment and see what could be done. We carried this intelligence to our companions, and in half an hour, we saw Estebrech, with his surplice on, his square cap on his head, and a crucifix in his hand, leaving the fort, and advancing towards us chanting the litany to all the saints. He came to persuade us to make a procession with him, to supplicate heaven to have pity on our distress, and to send us the brig with the provisions. Some prisoners yielded to his request, perhaps in the hope of obtaining from him some little temporal aid; and he was speedily at the head of thirty individuals, who collected the little strength they had remaining, and began to repeat the *ora pro nobis*.

Meanwhile, the council assembled a second time: the most violent proposals were first advanced, and we ourselves really began to believe that the Spanish government had condemned us to die of hunger; and we saw no means of escaping the sentence, nor even of prolonging our lives two hours longer. An Italian non-commissioned officer made a proposal that was unanimously rejected with horror. Another member opposed and even succeeded in dispelling the idea of the fate that we thought reserved for us. He was persuaded, he said, that the provisions had been delayed by some unexpected accident, that we should assuredly receive them next day, and he proposed to make use of the only resource that remained to support the strength and courage of the prisoners till then, by killing our poor ass. Some may doubt the fact, but even in our cruel position Martin had some advocates; his services (it was said) were of the greatest utility to the greater part of the prisoners; and, besides, the share that would fall to the lot of every individual would be quite inadequate to enable him to wait till next day. It could not possibly do so. Notwithstanding the soundness of these arguments, they were scarcely listened to, and Martin was almost unanimously condemned to die.

The procession was now over, and had brought no relief. Two men were sent off to seek for the victim that was to be sacrificed to our common preservation. Martin was found brousing quietly at a short distance, and was led into the midst of the crowd, quite unconscious of his approaching fate, and probably thinking of performing his ordinary service. Ten minutes after he was condemned, he was dead, flayed, cut up, and pieces of his flesh were roasting over the coals, or were employed in making soup for those who had somewhat more patience. Two ounces were distributed to every three men, including the bones and intestines.

A misfortune never comes alone. Storms are frequent at Cabrera; on the night after this disastrous day, a more violent one burst upon us than we had hitherto experienced. For more than an hour, the wind, the rain, and the hail, were so violent that several huts were destroyed. Notwithstanding the strength of our roof, it was pierced through in several places; torrents descended from the heights where the cemetery was placed, hollowed out profound ravines in their course, and carried off in one mass of confusion quantities of earth, shrubs, pieces of dead bodies, and dead bodies entire, which they rolled into the very midst of our camp. At sunrise it was found that about three hundred of our fellow-prisoners had sunk under their sufferings, or had been drowned in their huts and the collections of water that had been formed round them.

As on the preceding days, we were almost all on the shore by daybreak. This time we at last discovered a sail, and soon recognised it to be the brig; it came to at nine o'clock, and landed us provisions for eight days. The important cause of the famine we had been exposed to was nothing less than a dispute which had arisen about the provision accounts, between two contractors, one of whom wished to have the other's place. Military authority was invoked, and the English general who commanded at Palma was very scrupulous in the performance of his duties, and had determined that the dispute should be settled before any more provisions were sent, quite indifferent to the risk in which ten thousand Frenchmen were in of being starved to death in the interval.

This interruption in the supplies of the colony was the last it was exposed to during my stay. We soon recovered from our privations, began again to lay in a stock of provisions, and recommended our dramatic performances. There were amongst us about twenty

women, French, Italian, and Spanish, who had followed their husbands or lovers after they were made prisoners, and who were almost all widows. Some of these modern heroines were young and handsome. With some trouble, I engaged two of them to join our troop, and our performances attracted such crowded audiences, that we were constantly forced to refuse entrance to many, and to remove the ladder when the theatre was full. Meanwhile, I had been more than eight months on the island, and we had not the smallest hope of escape; I began to feel discouraged, though we still persevered in our vigilant watching by night and day, as heretofore. Each of us had several times presented plans of escape, more or less hazardous, but we had been obliged to give them up as impracticable.

Guillemand was, however, mistaken in these gloomy prospects. He and his two associates had the good luck to discover one night a boat on the shore brought by three English sailors: this they adroitly seized, and, after a couple of days' hard toil at sea, they were landed on a part of the coast of Spain, and in a little time fell in with their respective regiments, by which they were joyfully received.

MR SHERIFF'S TOUR IN AMERICA.

We have glanced over a work which has just made its appearance, entitled "A Tour through North America, with a comprehensive View of the Canadas and United States, as adapted for Agricultural Emigration, by Patrick Sheriff, Farmer, Mungoswells, East Lothian." At the first look of this goodly-sized octavo we felt disappointed, and this sentiment was not diminished on perusing the contents. Two-thirds of the volume consist of trivial observations on the traveller's personal adventures in hotels, stage-coaches, and steam-boats. He tells us the name of the driver of the coach which brought him from Haddington to Edinburgh; lets us know where he breakfasted and stopped on his route to Liverpool; and wearies us with similar minutiae through the whole of his tour. The world is now quite tired of books of this kind upon America. Who cares a farthing where a traveller got his breakfast, or whether he wore a white or a black hat on his journey, or whether the said hat was a worn-out silk nap or a beaver, or whether he slept well or ill one night at a particular hotel? Yet the principal part of Mr Sheriff's book consists of this sort of matter, which it is clear can be of no use to the public, and only serves to enhance the price of the work. The only valuable part of the production (and which should alone have been published at a cheap rate) is to be found at the end of the volume, and consists of a body of really useful information for agriculturists, relative to lands, districts, prices, remuneration for labour, and so forth. We recommend this portion of Mr Sheriff's book to the careful perusal of intending emigrants. The author here writes in such a way as to gain approbation, for he writes in his proper character, that of a farmer well acquainted with rural affairs. His accounts of Upper Canada seem to coincide with those which we have from time to time given to our readers; he speaks of the bountiful reward held out to industry and sobriety, the richness of the lands, and the scope afforded for capital. His observations in comparing Canada with the States are particularly worthy of attention. He appears inclined to give some parts of the States the preference, but it is not from prejudice he does so. He mentions that Canada labours under the great misfortune of bad local management. The reserves of lands for the crown and the clergy, and the unsold tracts of the companies, as well as of large monopolists, greatly injure the provinces. They are a barrier to improvement, and scatter instead of concentrating the population. There are also great difficulties in getting local functionaries to sell lands when wanted. "I met individuals," says Mr Sheriff, "who had travelled more than one hundred miles from York to examine lands in the west, and returned again to York to petition and make interest with the authorities to get certain lots put up for sale. When they succeeded, they had to live in idleness for a month until the day of sale arrived, and again travel to the place of sale. Sometimes applications to have lands put up for sale are frustrated, and rather than suffer delay and dance attendance on men of influence, many people have passed into the United States, where a person can go to a land-office of the district, and fix upon any lot which pleases him. There cash is the only interest that can be employed, and its non-payment the only delay to settlement." The results which follow the purchasing of land on credit in Canada are described as most deplorable. "The system of selling land on credit, and contracting debt at

stores, hath proved ruinous of late years to settlers without capital, who have no other means of extricating themselves than selling their properties. In almost every district people are found anxious to sell land, and small farms may be bought on cheaper terms than lands belonging to the crown, Canada Company, or large proprietors, more especially if cash is paid. Indeed, the necessities of many people are so urgent, and credit so general, that an individual with cash in his pocket may drive a good bargain at all times." The system of monopolising and raising the price of land in Canada, now going on, he says, "not only renders the ultimate prospect of labourers becoming landholders more distant, but also lowers the wages of operatives through competition, by tending to confine them to their professions. Wages are generally higher in the United States than in the Canadas."

These are valuable hints, and should not be lost sight of. It is seen that emigrants cannot be too careful in guarding themselves from being imposed on by the specious statements put forth by companies and land monopolists, and dealers of every description; and we advise those who find any difficulty in making a purchase in Canada—of course nobody with a grain of sense will think of settling in the lower province—to push at once across the lakes, and make a selection of lands within the limits of the United States, in which there is on all sides boundless scope for human industry, unhampered by official misarrangements.

As the season is fast approaching for the embarkation of emigrants, we beg to remind them that the best route to Upper Canada is by the way of New York. Every year's experience proves this to be the case; a large portion of the mercantile navy of Great Britain—from the infamous system of registration and underwriting—is unfit to encounter heavy seas and stormy weather, especially the dangers of the Gulf of St. Lawrence. On this subject, one who has had some experience—the writer of a number of sensible letters on emigration in the *Liberator*, Glasgow newspaper—observes as follows:—"If you regard comfort, expedition, economy, and safety, do not come by way of Quebec; for, independent of the passage, averaging twelve to fourteen days longer than by New York, let the yearly shipwrecks in the Gulf and River of St. Lawrence speak for the wretched state of the timber ships, and think on the hardships to which women and children are exposed in coming up the dangerous St. Lawrence, when you can avoid all this by coming by New York, altogether cheaper and quicker, and with more safety and comfort; very many come, and will continue in the face of common sense to come, by Quebec, as the passage is something cheaper than by New York; but they ought to reflect on the value of time wasted." In corroboration of this fact, we are told by the *Montreal Herald* that English news arrive several weeks sooner at Montreal by way of New York than by Halifax and the St. Lawrence. This is a state of things which, we would hope, cannot be long unremedied.

THE BALL,

A STORY FOR FASHIONABLE MOTHERS.

[From "Death's Doings."]

"EVEN if I were not prevented by this unlooked-for engagement from accompanying you to the ball to-night, my love," said the Honourable Alfred Seymour to his beautiful young wife, "you must nevertheless have declined it, for the child is evidently unwell; look how the pulses throb in his little throat, Sophia!" "So they always do, I believe. I really wish you were less of a croaker and candle-maker, my dear; however, to make you easy, I will send for Doctor Davis immediately: as to the ball, as I am expected, and have gone to the trouble and expense of a new dress, and have not been out for such a long, long time, really I think I ought to go."

"You would not leave my boy, Lady Sophia, if—" "Not if there is the least danger, certainly; nor if the doctor should pronounce it ill; but I do not believe it is so—I see nothing particular about the child, for my part."

As the young mother said this, she cast her eyes on the child, and saw in its little heavy eyes something which she felt assured was particular—she saw, moreover, more strikingly than ever, the likeness it bore to a justly beloved husband, and in a tone of self-correction added, "Poor little fellow, I do think you are not quite the thing; and should it prove so, mamma will not leave you for the world."

The countenance of the father brightened, and he departed, assured that the claims of nature would soon fully triumph over any little lingering love of dissipation struggling for accustomed indulgence; and as he bade her good bye, he did not wonder that a star so brilliant desired to exhibit its rays in the hemisphere alluded to, which was one in the highest circle of fashion. Nevertheless, as he could not be present himself, he thought it on the whole better that she should be absent. A young nobleman, who had been her rival, and wore the willow some time after their marriage, had lately paid marked attention to a young beauty every way likely to console him; and Mr. Seymour thought it would be a great pity if his lady, whom he had not seen for some months, should, by appearing before him in the full blaze of beauty (unaccompanied by that person whose appearance would instantly recall the sense of her engagement), indispose his heart for that happy connection to which he had shown this predilection.

Unfortunately the fond husband gave indication of his admiration alike in his looks and words; and as the fair young mother turned from him to her mirror, she felt for a moment displeased that her liege lord should be less solicitous than herself to "witch the world" with her beauty; and whilst in this humour she called her maid to show her the turban and dress "in which she intended to appear."

"Lauk, my lady! why sure you intends it yet—did ever any body hear of such a thing as going for to stay at home when you are all prepared? Why, you've been out of sight ever so long, because you were not fit to be seen, as one may say; but now that you are more beautiful than ever, by the same rule you should go ten times as much—Do pray, my lady, begin directly—Ah! I know what I know: Miss Somerville may look twice ere she catches my lord, if so be he sees you in this here plume; cold broth is soon warm, they say."

Could it be that this vulgar nonsense—the senseless trade of low flattery and thoughtless stimulation to error—should affect the mind of the high-born and highly educated Lady Sophia? Alas! yes—a slight spark will ignite dormant vanity, and the love of momentary triumph surpass the more generous wish of giving happiness to others in a sphere distinct from our own.

The new dress was tried on; its effects were extolled by the maid, and admitted by the lady, who remembered to have read or heard of some beauty whose charms were always most striking when she first appeared after a temporary confinement. The carriage was announced, and she was actually descending, when the low wail of the baby broke on her ear, and she recollects that in the confusion of her mind during the time devoted to dress and anticipated triumph, she had forgotten to send for the medical friend of the family.

Angry with herself, in the first moment of repentance, she determined to remain at home, but unfortunately reconsidered, and went before the arrival of the doctor; 'tis true she left messages and various orders, and so far fulfilled a mother's duties, but she yet closed her eyes to the evident weakness of her boy, and contented herself with determining to return as soon as it was possible.

But who could return while they found themselves the admired of all, and when at least the adoration of eyes saluted her from him whom she well knew it was cruelty or sin to attract? The observation forced upon her of Miss Somerville's melancholy looks told her this, and compelled her to recollect that she was without her husband, and, therefore, critically situated; and she proved, that in the midst of triumph we may be humbled—in the midst of pleasure be pained; and she resolved to fly from the scene of gaiety more quickly than she had come.

But numerous delays arose, each of which harassed her spirits not less than they retarded her movements, and she became at length so annoyed as to lose all her bloom, and hear herself now as much condoned with on her looks as she had a few hours before been congratulated. She felt ill, and was aware that she merited to be ill, and had a right to expect reproaches from her husband, not less on account of herself than her child; and whilst in this state of perplexity, she was summoned to her carriage by her servants, who, in the confusion occasioned by messengers from home, as well as from herself, had increased her distress.

The young mother arrived in time to see the face of her dying child distorted by convulsions, and to meet from her husband anger, reproach, and contempt. She was astonished, even terrified, by witnessing the death of the innocent being she had forsaken in a moment so critical; and bitter was the sorrow and remorse which arose from offending him who had hitherto loved her so fondly, and esteemed her so highly. These emotions, combining with other causes, rendered her soon the inhabitant of a sickbed, and converted a house, so lately the abode of happiness and hope, into a scene of sorrow, anxiety, and death. Lady Sophia, after much suffering, recovered her health; but when she left her chamber, she became sensible, that although pity and kindness were shown to her situation, esteem and confidence were withdrawn. She had no child to divert the melancholy of her solitary hours; and what was of more consequence, no husband who could console with her on its loss. Silence of the past was the utmost act of tenderness to which Mr. Seymour could bring himself

on this subject, which recurred to him with renewed pain when his anxiety was removed for the life of one still dear, though no longer invaluable.

And all this misery, the fearful prospect of a long life embittered by self-reproach, useless regret, and lost affection, was purchased by a new dress, and an ignorant waiting-maid—risk so full of danger, and so fatal in effect, was incurred, to strike a man already refused, and wound a woman who never injured her. Such are the despicable efforts of vanity for temporary distinction, and such the deplorable consequences of quitting the tender offices of affection, and transgressing the requisitions of duty.

BIOGRAPHIC SKETCHES.

SIR WILLIAM FORBES.

THE life of this eminent banker and citizen does not by any means form a biography abounding in stirring and important events, such as are frequently found in the memoirs of distinguished individuals well known to fame; it however furnishes an exceedingly pleasing narrative of the efforts of genius and virtue as displayed in connection with comparatively exalted rank, and affords an admirable study for those who esteem themselves gentlemen by birth, yet who, from mistaken notions of honour, submit to live a life of idleness, misery, and poverty, rather than exert themselves in occupations suitable to their abilities.

Sir William Forbes was born at Edinburgh in the year 1739, and was descended by the father's side from a branch of the ancient family of Forbes of Monymusk, the proprietors, at the close of the seventeenth century, of the barony of that name in Aberdeenshire; and by his paternal grandmother, from the still older and more dignified family of the Lords Pitligo, in the same county (attainted in 1745, from the then Lord Pitligo engaging in the rebellion of that year). His mother belonged also to the family of Monymusk, and through her he acquired the baronetcy from which he derived his title. His father was bred to the Scottish bar, but died while Sir William was only four years of age, leaving his mother, with two infant sons, and very slender means of support. The younger of these children having died while in youth, the hopes of the widow were centred in her remaining child, the subject of the present memoir.

Lady Forbes having gone to reside at Aberdeen, here Sir William had the benefit of an excellent education, as well as the superintendence of his respectable guardians, among whom were Lord Forbes and his relation Lord Pitligo; by them he was habituated to ideas of good society, and had the foundation laid of that highly honourable and gentlemanlike character which so remarkably distinguished him in after life. But it was chiefly to the maternal guardianship of Lady Forbes that he owed the formation of his character. It has been observed, that the source of every thing which is pure and upright in subsequent years, is to be found in the lessons of virtue and piety instilled into the infant mind by maternal love; and of this truth the character of Sir William Forbes affords a striking example. He has been heard to declare that he owed every thing to the upright and sedulous care of his mother. She belonged to a class formerly well known, but unhappily nearly, if not altogether, extinct in this country, who, though descended from ancient and honourable families, and intimate with the best society, lived in privacy, and what would now be deemed poverty, solely engaged in the care of her children, and the correct discharge of their social duties.

It is delightful to trace the history of Sir William at this early period of his career, and to peruse the account of his mother's arrangements in his behalf. His education being completed, he removed with Lady Forbes to Edinburgh in 1753, being then in the fourteenth year of his age, and ready to enter upon a profession. By the friendly interference of Mr. Farquharson of Haughton, Messrs. Coutts, bankers, were induced to receive him as an apprentice into their highly respectable establishment. The mother and son did not in the first instance keep house for themselves, but boarded with a widow lady; and it is worthy of remark, as a proof of the difference in the style of living, and the value of money between that time and the present, that the sum paid for the board of the two was only at the rate of forty pounds a-year. At Whitsunday 1754, as Sir William was bound an apprentice to the banking-house, his mother removed to a small house, consisting of only a single floor, in Forrester's Wynd, a narrow steep alley diverging from the High Street to the Cowgate, opposite the old prison of Edinburgh, and many years since cleared away to make room for the Advocates' Library buildings. Miserable as the accommodations in Forrester's Wynd would be reckoned in the present day, they were, at the period we refer to, on a par with those enjoyed by many of the most respectable classes of the community. Humble as the premises of Lady Forbes were, and slender as were her resources, this exemplary woman ever preserved a dignified independence, and properly supported her status in society. She was visited by persons of the very first distinction in Scotland, and frequently entertained them at tea-parties in the evening—a mode of seeing society, which, although almost gone into disuse with the increasing wealth and luxury of modern

manners, was then very prevalent in the capital of Scotland, and where incomparably better conversation prevailed, than in the heavy dinner-parties which have succeeded.

It was an early impression of Sir William's, that one of his principal duties in life should consist in restoring his ancient but now dilapidated family fortunes; and it was under this feeling that he engaged in the mercantile profession. In pursuance of this honourable motive, he assiduously applied to the business which he had embraced. His apprenticeship lasted seven years, during which he continued to live with his mother in the same frugal and retired manner, but in the enjoyment of the same excellent society which they had embraced on first coming to Edinburgh. After its expiry, he acted for two years as clerk in the establishment, during which time his increasing emoluments enabled him to make a considerable addition to the comforts of his mother, whose happiness was ever the chief object of his care. In 1761, his excellent abilities and application to business induced the Messrs Coutts to admit him as a partner, with a small share in the banking-house, and he ever after ascribed his good fortune in life to the fortunate connexion thus formed with that great mercantile family. But without being insensible to the benefits arising from such a connexion, it is perhaps more just to ascribe it to his own undeviating purity and integrity of character, which enabled him to turn to the best advantage those fortunate incidents which at one time or other occur to all in life, but which so many suffer to escape from negligence, instability, or a mistaken exercise of their talents.

In 1763, one of the Messrs Coutts died, another retired from business through ill health, and the two others were settled in London. A new company was therefore formed, consisting of Sir William Forbes, Sir James Hunter Blair, and Sir Robert Herries; and although none of the Messrs Coutts retained any connection with the firm, their name was retained out of respect to the eminent gentlemen of that name who had preceded them. The business was carried on this footing till 1773, when the name of the firm was changed to that of Forbes, Hunter, and Co., which it has ever since been; Sir Robert Herries having formed a separate establishment in St James Street, London. Of the new firm, Sir William Forbes continued to be the head from that time till the period of his death; and to his sound judgment and practical sagacity in business, much of its subsequent prosperity was owing.

In 1770, he married Miss Elizabeth Hay, eldest daughter of Dr (afterwards Sir James) Hay; a union productive of unbroken happiness to his future life, and from which many of the most fortunate acquisitions of partners to the firm have arisen. This event obliged him to separate from his mother, the old and venerated guide of his infant years, as her habits of privacy and retirement were inconsistent with the more extended circle of society in which he was now to engage. She continued from that period to live alone. Her remaining life was one of unbroken tranquillity and retirement. Blessed with a serene and contented disposition, enjoying the kindness, and gratified by the rising prosperity and high character which her son had obtained, and fortunate in seeing the fortunes of her own and her husband's family rapidly reviving under his successful exertions, she lived happy and contented to an extreme old age, calmly awaiting the approach of death, to which she neither looked forward with desire nor apprehension. After a life of unblemished virtue and ceaseless duty, she expired on the 26th December 1789.

The benevolence of Sir William Forbes's character, his unwearyed charity and activity of disposition, naturally led to his taking a very prominent share in the numerous public charities of Edinburgh. In plans for the better management of the Charity Work-House, the Orphan Hospital, and the erection of the High School, he was actively engaged. He was also an active promoter of the Society of Scottish Antiquaries, the institution of Trustees for the Encouragement of Manufactures and Fisheries, and the establishment of the present Lunatic Asylum. He was also one of the most zealous of those who promoted and carried to a happy conclusion the erection of the South Bridge; one of the most useful and successful of the improvements of Edinburgh. Sir William was a warm adherent of the Scottish Episcopal church, to promote the benefit of which he was unwearyed in his exertions. Chiefly by his own efforts, and those of his son, the late Sir William, the Episcopal communion of Edinburgh was raised from the most obscure situations in the old town, and placed in two beautiful edifices, raised at an expense of above £30,000. Taking the principal lead in connection with this communion, he was mainly instrumental in bringing to Edinburgh the Rev. Mr Alison, the well-known author of the *Essay on Taste*, from a remote rectory in Shropshire.

Sir William's success in trade enabled him, about the year 1781, to acquire the estate of Pitsligo, by purchase, and thus he realized his early and favourite wish of restoring to his ancient family their paternal inheritance. A new field was now opened for his active benevolence of disposition. He commenced improvements on a liberal scale; laid out the village of New Pitsligo, and gave every assistance to the feuars. Numbers of poor cottars were established by his care on the most uncultivated parts of the estate, most of whom not only paid no rent for the land they occupied, but were pensioners on his bounty

—a mode of proceeding which, although it brought only burdens on the estate at first, has since been productive of the greatest benefit, by the continual application of that greatest of all improvements to a barren soil, the labour of the human hand. In order to encourage industry on his estate, he established a spinning-school at New Pitsligo, introduced the linen manufacture, and erected a bleachfield—undertakings which have since been attended with the greatest success. At the same time, to promote the education of the young, he built a schoolhouse, where the Society for the Propagation of Christian Knowledge established a teacher; and in order to afford to persons of all persuasions the means of attending that species of worship to which they were inclined, he built and endowed not only a chapel of ease, with a manse for the minister, connected with the established church, but a chapel, with a dwelling-house for an Episcopal clergyman, for the benefit of those who belonged to that persuasion—admirable acts of beneficence, hardly credible in one who resided above two hundred miles from this scene of his bounty, and was incessantly occupied in projects of improvements or charity in his own city.

To most men it would appear that this support and attention to these multifarious objects of benevolence, both in Edinburgh and on his Aberdeenshire estates, would have absorbed the whole of both his fortune and his time, which could be devoted to objects of beneficence. But that was not Sir William Forbes's character. Indefatigable in activity, unwearyed in doing good, he was not less strenuous in private than in public charity; and no human eye will ever know, no human ear ever learn, the extensive and invaluable deeds of kindness and benevolence which he performed, not merely to all the unfortunate who fell within his own observation, but all who were led by his character for beneficence to apply to him for relief. Perhaps no person ever combined to so great a degree the most unbounded pecuniary generosity with delicacy in the bestowal of the gift, and discrimination in the mode in which it was applied. Without giving way to the weakness of indiscriminately relieving all who apply for charity, which so soon surrounds those who indulge in it with a mass of idle or profligate indigence, he made it a rule to inquire personally, or by means of those he could trust, into the character and circumstances of those who were partakers of his bounty; and when he found that it was really deserved, that virtue had been reduced by suffering, or industry blasted by misfortune, he put no bounds to the splendid extent of his benefactions. To one class in particular, in whom the sufferings of poverty are perhaps more severely felt than by any other in society, the remnants of old and respectable families, who had survived their relations, or been broken down by misfortune, his charity was in a most signal manner exerted; and numerous aged and respectable individuals, who had once known better days, would have been reduced by his death to absolute ruin, if they had not been fortunate enough to find in his descendants, the heirs not only of his fortune, but of his virtue and generosity.

Hitherto Sir William Forbes's character has been considered merely as that of a public-spirited, active, and benevolent gentleman, who, by great activity and spotless integrity, had been eminently prosperous in life, and devoted, in the true spirit of Christian charity, a large portion of his ample means and valuable time to the relief of his fellow-creatures, or works of public utility and improvement. But this was not his only character: he was also a gentleman of the highest breeding and most dignified manners; the life of every scene of innocent amusement or recreation; the head of the most cultivated and elegant society in the capital; and a link between the old Scottish aristocratical families, to which he belonged by birth, and the rising commercial opulence with which he was connected by profession, as well as the literary circle, with which he was intimate from his acquirements.

In 1768, he spent nearly a twelvemonth in London, in Sir Robert, then Mr Herries's family; and such was the opinion formed of his abilities even at that early period, that Sir Robert anxiously wished him to settle in the metropolis in business; but though strongly tempted to embrace this offer, from the opening which it would afford to London society, of which he was extremely fond, he had sufficient good sense to withstand the temptation, and prefer the more limited sphere of his own country as the scene of his future usefulness. But his residence in London at that time had a very important effect upon his future life, by introducing him to the brilliant, literary, and accomplished society of that capital, then abounding in the greatest men who adorned the last century: Dr Johnson, Mr Burke, Sir Joshua Reynolds, Mr Gibbon, Mr Arbutnott, and a great many others. He repeatedly visited London for months together at different times during the remainder of his life, and was nearly as well known in its best circles as he was in that of his own country. At a very early period of his life he had conceived the highest relish for the conversation of literary men, and he never afterwards omitted an occasion of cultivating those whom chance threw in his way; the result of which was, that he gradually formed an acquaintance, and kept up a correspondence, with all the first literary and philosophical characters of his day. His tastes in this respect probably suggested to him the idea of writing

the life of Dr Beattie, the author of the *Minstrel*, and one of his earliest and most valuable friends. He executed this work accordingly, which appeared in 1805, shortly before his death, and in such a way as to give the most favourable impression of the distinction which he would have attained as an author, had his path in general not lain in a more extended and peculiar sphere of usefulness.

Besides his other admirable qualities, Sir William was accomplished in no ordinary degree. He was a good draughtsman; was well acquainted with music, and by his efforts contributed much to form the concerts which in his day formed so prominent a feature of the Edinburgh society. His conversational powers were considerable, and his stores of anecdotes very extensive. He likewise supported, to the utmost of his power, every project for the amusement and gratification of the young, in whose society he always took great pleasure. He was not less remarkable for his unambitious views. He was frequently offered a seat in Parliament, both for the city of Edinburgh and the county of Aberdeen; but he uniformly declined the offer. In 1799, he was offered an elevation to the peerage, by which the family title of Pitsligo might have been restored; but this honour he likewise respectfully declined, with the concurrence of his eldest son, deeming the acceptance of a baronial title inconsistent with the mercantile establishment with which his fortunes were bound up.

No man ever more successfully or conscientiously conducted the important banking concern entrusted to his care. The large sums deposited in his hands, and the boundless confidence universally felt in the solvency of the establishment, gave him very great facilities, if he had chosen to make use of them, for the most tempting and profitable speculations. But he uniformly declined having any concern in such transactions; regarding the fortunes of others entrusted to his care as a sacred deposit, to be administered with more scrupulous care and attention than his private affairs. The consequence was, that though he perhaps missed some opportunities of making a great fortune, yet he raised the reputation of the house to the highest degree for prudence and able management, and thus laid the foundation of that eminent character which it has ever since so deservedly enjoyed.

But the end of a life of so much dignity and usefulness, the pattern of Christian grace and refined courtesy, at length approached. In 1802, Sir William had the misfortune to lose Lady Forbes, the loved and worthy pattern of his virtues, which sensibly affected his spirits. In May 1806, he began to feel symptoms of shortness of breath, and his sufferings for many months were very severe. At last, amidst the tears of his relations, and the blessings of his country, death closed his memorable career. He died on the 12th of November 1806. He was succeeded in his title and estates by his son, the late Sir William, a man of the most amiable and upright character, who having been cut off in the middle of his years and usefulness, was succeeded by his son, the present Sir John. The subject of the present sketch left a large family. Besides Lord Medwyn (a senator of the College of Justice), and Mr George Forbes, who, fortunately for Edinburgh, have succeeded to the unwearyed activity and benevolence of their father's character, he left five daughters, four of whom are now married.*

THE THREE BROTHERS OF GALLOWAY.
BRUCE, being defeated by the English in Carrick, retired to the wilds at the head of Loch Dee, accompanied by the remnants of his broken party. Lodging during the night in the cottage of a poor widow at Craignacallie, he was suspected in the morning of being a person of superior rank, on account of certain ornaments which he wore upon his dress and armour. The old woman modestly inquired if he was her liege lord. He answered in the affirmative, and enjoined her not to be surprised at his visit. He asked if she had any sons who could serve him in his distress. Her answer was, that she had three sons by three several husbands, all of whom would be at his service, provided they were assured that he really was their sovereign. He then asked if she could give him any thing to eat. She answered that there was little in the house but a gust of meal and goat's milk, which, however, should immediately be prepared for him. While she was engaged in her cookery, the three young men appeared, and the king was pleased to find them "lusty men." He asked if they would engage in his service, and they cheerfully consented. When he had finished his meal, he inquired what weapons they had. They informed him that bows and arrows were the only weapons with the use of which they were acquainted. The king and the three youths then stepped out to the green, where M'Kie, the eldest, observing two ravens perching upon the pinnacle of a rock above the house, let fly an arrow, and transfixed both the birds through the head. "Faith!" observed the Bruce, "I would not wish you aimed at me." Murdoch, the second son, directed an arrow at a raven which that moment flew over the house, and brought it down. M'Lurg, the third of the brothers, made a similar attempt, but not with the same success.

Meanwhile, the English, in quest of their illus-

* For a more complete memoir of this eminent individual, we refer the reader to the "Biographical Dictionary of Eminent Scotsmen," by one of the Editors of the present work.

ous enemy, were encamped upon a great flow [quick morass] on the other side of the *Dee*, called *Moss Raploch*. The king, becoming aware of this fact, took the counsel of his young friends as to the course which he should pursue, at the same time introducing them to his party which, in number about three hundred, had spent the night in a neighbouring glen. The three youths advised that all the horses wild and tame, and all the goats that could any where be found, should be collected and kept by the soldiers during the ensuing afternoon and night. This was done; when the English, hearing so much neighing and prancing in their neighbourhood, conceived that they were surrounded by prodigious force, and durst not venture out beyond the limits of their camp. After a night of apprehension and dismay, the unfortunate Southrons, though in reality much more than a match for Bruce's small party, were, at the break of day, attacked and driven from their entrenchments with great slaughter. The flight was precipitate, and therefore bloody. There still stands in the centre of the flow a large isolated boulder, called the *King's Stone*, against which he is said to have leant his back while his men were gathering up the spoil; and fragments of swords and lances have been dug up at the spot in modern times.

The three brave youths followed Bruce in all his subsequent wars. After completely expelling the English, and when he had made his throne fast, their royal master remembered them in the division which then took place of the property left by the English. On asking them what reward they expected for all their services, they answered that "they had never entertained any prospect of great things, but if his majesty would bestow upon them the thirty-pund lands of the Hassock and Comfoddian, they would be very thankful." To this he cheerfully assented; and they and their descendants possessed the lands for many centuries. The family of the man who had spitted the two ravens with his arrow, assumed for a coat of arms, two ravens proper, with an arrow through both their heads, upon a field argent. The second son had for his armorial bearings a raven volant pierced by an arrow.—*From the Macfarlane MSS. Advocates' Library.*

ROADS.

[From the *Italian Exile in England*.]

THE prosperity and civilisation of a country may be estimated in a hundred different ways. Some measure it by the population, some by the quantity of money in circulation; this by the state of its literature, and that by the state of its language. David Hume said, that where good broadcloth is made, astronomy is sure to be known, and the sciences to be cultivated. Sterne, from the hyperbole of the barber who dressed his wig, and the finery of the Parisian gloveress, deduced two qualities of the French nation, one amiable, and the other ridiculous. Pangloss, when he was shipwrecked on the coast of Portugal, drew the inference, from the sight of men hanging in chains, that he was in a civilised country. Why may we not also draw an inference of the civilisation of a country from the condition of its roads? Where there are no roads, or but few, however magnificent, we may take it for granted that there are few or no books, few or no manufactures, many and unjust laws, few legislators or only one, a great many friars and very few learned men, many miracles and little money. Whoever has travelled in Europe, must have seen with his own eyes the truth of this doctrine. Russia, Poland, Turkey, Greece, Transylvania, Hungary, Croatia, Bukovinia, Spain, and Portugal, which are certainly the least civilised portions, are also those which have the fewest roads. In the Peloponnesus, where, when poems, tragedies, and histories, were written, there were so many roads and cart tracks, there is now no longer a carriageable road; not in the whole kingdom of the king of men, Agamemnon,

"Of countries vast the ruler sole-supreme,
The best of kings, in war supremely brave!"

who had Automedon for his charioteer, the best coachman in all Greece. From Velez-Malaga to Grenada, in the once wealthy kingdoms of the Arabian dynasties, there is no other road than a precipitous mule track. From the city of Mexico to Guatemala, there is nothing that can be called a road. To get over the twelve hundred miles of intervening distance, the deputies from Guatemala, when that republic was united to Mexico, were obliged to undertake four months' disastrous travelling. From Omoa to Guatemala it is the same:—to traverse these three hundred and fifty miles, takes sometimes from six to seven months, in the case of the transportation of merchandise on the backs of mules. The other Spanish American colonies all alike had over-few roads, and over-much wretchedness, ignorance, and superstition.

On the contrary, France, Germany, and Italy, have more roads and more civilisation, and England has more roads and canals, than all the rest of Europe put together—and more civilisation. I remember seeing in M. Dupin's work on England, that the total length of its roads and canals, in proportion to its extent of surface, is very much greater than that of the roads and canals of France. Does not the comparative civilisation of the two countries stand perhaps in the same scale? Let the same comparison be made between the roads and canals of the north of Italy and

those of the kingdom of Naples, and the same result will be obtained.

This is not a mere casual coincidence—it is an unfailing effect of an infallible cause. From the want of easy communication, men remain disjoined and isolated; their minds grow cold, their spirit slumbers, they feel no emulation, they experience not the spur of the necessity for satisfying new desires, have little moral development, energy, or activity. This is the reason why the republican, or the citizen of a free state, is of a fervid, animated, and enterprising spirit, because he lives and moves in a multitude; while the subject of an absolute monarchy, where the population is usually scanty, and scattered over a large surface, becomes dull and drowsy, not more from the terror than the isolation in which he lives. When men are brought nearer to each other by means of roads, canals, steam-vessels, suspension bridges, railways, and (would fate consent) air balloons, they will waken up their ideas, their desires will multiply, and their energy and intelligence in proportion. Why is a countryman necessarily less active and intelligent than a citizen? Why the inhabitant of a small town less so than the inhabitant of a great capital? Because the mixing and rubbing together of men is less. It would appear that the development of the human mind is in the combined proportion of the mass of men, and the velocity of their intercourse.

Straight roads and symmetrical cities betray a despotic power, caring little or nothing for the rights of property. An undeviating right line is like the sword of Alexander, with which he cut the Gordian knot, when he found it impossible to untie it. Turin and Berlin, the two most regularly built cities in Europe, rose under the word of command from two military monarchs; and who does not discern in the interminable straight roads of France and Poland, the arbitrary hand which must have made them so? On the contrary, in England, that ancient land of liberty, the streets are crooked, full of inns and outs, and most of the cities are mere heaps of habitations, built without a plan, as necessity or caprice dictated, not composed of files of houses, drawn out in line with the regularity of so many battalions of soldiers. Yet the English love order, celerity, and economy: true—but it appears that hitherto he has above all these ever respected the rights of property. So numerous are the windings of the public roads in England, as to render a deduction necessary to be made, in strict justice, in favour of France, from the proportions laid down by M. Dupin, to which I have before adverted.

The footpath that always runs along the sides of the streets in the towns, and many of the roads in the country as well, shows that the people are respected and respectable. There are canals for merchandise, the middle of the highway for those that ride, and the footpath for those who walk. The footway is the triumph of democracy. The lower class is not, as in other countries, quite disinherited; it has its own portion, small indeed, but inviolable. On the Continent, instead, the roads seem only made for the rich and for the horses.

When they are once established, the benefits arising from roads will soon become immense. Scarcely have they become smooth and commodious before carts and coaches change their forms, and take others more airy and elegant; lighter and more handsome horses are used, because the roads do not fatigue them so much. More commodious inns are set up, and furnished constantly with fresh provisions, because intercourse is more frequent, and consumption quicker; better sheltered stabling will be necessary, more skillful and attentive grooms. An English stage-coach, which carries eighteen passengers, skims along, drawn by four excellent horses, with a coachman dressed like a gentleman. It makes the spectator tremble and wonder at the same time, when he sees such a mountain of "men and things" rush by, on a very ticklish balance. If the roads were bad, instead of good, all must change; the scene I have just described would disappear, because on a bad road a carriage so loaded would break down, or upset, before it could stir a step; the friction would be much greater; it would be necessary to have more and heavier horses. All these ameliorations are a chain which depends on a single link, and that link is—the road. All who travel in Spain fly into a passion at first, and afterwards cannot help laughing, at being jolted about in a vehicle with beams of timber for shafts, axletree, and springs; and is drawn by six mules, after the fashion of a twenty-four pounder. The fashion of these carriages, which are built like ships, must not be attributed to the bad taste of the Spaniards, but to the steepness of the roads in Aragon, Extremadura, and Galicia. When the roads have become smooth and solid, and the other successive improvements are brought to bear, the intercourse between province and province, between relations and friends, becomes more frequent; marriages, adventures, incidents, every thing multiplies, and a new world is created. In England, they go three hundred miles to hunt; owing to the conveniences, friends pay each other visits, although at the distance of one or two hundred miles; old men and young ladies, sucking babes with their mothers, all travel without annoyance, inconvenience, or impediment. At every inn on the road, breakfast, dinner, or supper, is always ready, a fire is burning in every room, and water always boiling for tea or coffee. Soft feather beds, with a fire blazing up the chimney, invite to repose; and the tables are covered with newspapers

for the amusement of the passengers. The English inns would be real enchanted palaces, did not, at last, the bill of mine host appear, to dispel the illusion. Throughout the island, king, ministers, and members of parliament, are all in perpetual motion, on horseback, in gigs, or in carriages; on their way to dinners or horse-races, assemblies, concerts, or balls. At the balls given three or four times in the year in each county ("the county balls"), families who live twenty, thirty, or forty miles off, make their appearance merely to pass away three or four hours. By means of these vehicles, this constant coming and going, comfort, wealth, and new inventions, are diffused equally over the whole surface of the country. It is not fluids alone which have a tendency to come to a level; let the dykes of the inquisition, the police, the spies, the customhouses, be thrown down; let human knowledge spread itself, and flow without obstruction, and it will soon be seen that philosophy, literature, constitutional liberty, will also tend to a level over the whole surface of Europe.

In the midst of this concourse of travellers, thieves disappear. Every body knows that, only sixty years ago, it was not uncommon, on a journey, to make up a purse for the highwaymen, so much were the roads then infested with them. At the present day, the instances of such an occurrence are most rare; a highwayman must make as much haste about robbing a coach, as pickpocket in stealing a watch. At every hour of the night, stage-coaches full of travellers arrive and depart, with horns blowing to announce their approach; with lamps that throw a light a hundred feet around, dashing along at a regular break-neck pace. It is impossible to calculate how much time England has saved, and how much it has shortened its distances, by means of improved roads, in the last forty years. To go from York to London—that is, two hundred miles—used to take six days: by the mail it now takes twenty hours, by the other coaches twenty-four. From Exeter, fifty years ago, they promised "a safe and expeditious journey to London in a fortnight." Private carriages now accomplish the hundred and seventy-five miles between that city and the capital in eighteen hours. Before the invention of steam-vessels, indeed, the post from London to Dublin took at least six days: in a stormy winter, in one instance, no less than forty-two. Now, whatever the weather, it takes no more than three. A sailing vessel lately arrived at Liverpool in sixteen days from the United States, and brought some venison fresh from the other world! When steam-vessels cross the Atlantic, which they will do at no great distance of time, American game will be a dainty any thing but rare.

SINGULAR STORY OF A RECLUSE.

[From Dr King's *Anecdotes of his Own Times*.]

I HAVE observed, what is perhaps peculiar to this island, that there are men wholly free from the spleen, or a lowness of spirits, in good health and good circumstances, and only actuated by some whimsical considerations, seek a retreat where they may forget their friends and relations, and be forgotten by them. About the year 1706, I knew one Mr Howe, a sensible well-natured man, possessed of an estate of £700 or £800 per annum. He married a young lady of a good family in the west of England; her maiden name was Mallet: she was agreeable in her person and manners, and proved a very good wife. Seven or eight years after they had been married, he rose one morning very early, and told his wife he was obliged to go to the Tower to transact some particular business: the same day, at noon, his wife received a note from him, in which he informed her that he was under a necessity of going to Holland, and should probably be absent three weeks or a month. He was absent from her seventeen years, during which time she neither heard from him or of him. The evening before he returned, whilst she was at supper, and with her some of her friends and relations, particularly one Dr Rose, a physician, who had married her sister, a billet, without any name subscribed, was delivered to her, in which the writer requested the favour of her to give him a meeting the next evening in the Birdcage Walk, in St James's Park. When she had read her billet, she tossed it to Dr Rose, and laughing, "You see, brother," said she, "as old as I am, I have got a gallant." Rose, who perused the note with more attention, declared it to be Mr Howe's handwriting: this surprised all the company, and so much affected Mrs Howe that she fainted away; however, she soon recovered, when it was agreed that Dr Rose and his wife, with the other gentlemen and ladies who were then at supper, should attend Mrs Howe the next evening to the Birdcage Walk. They had not been there more than five or six minutes, when Mr Howe came to them, and, after saluting his friends, and embracing his wife, walked home with her; and they lived together in great harmony from that time till the day of his death.

But the most curious part of my tale remains to be related. When Howe left his wife, they lived in a house in Jermyn Street, near St James's Church; he went no farther than to a little street in Westminster, where he took a room, for which he paid five or six shillings a week, and changing his name, and disguising himself by wearing a black wig (for he was a fair man), he remained in this habitation during the whole time of his absence. He had had two children

by his wife when he departed from her, who were both living at that time; but they both died young in a few years after. However, during their lives, the second or third year after their father disappeared, Mrs Howe was obliged to apply for an act of parliament to procure a proper settlement of her husband's estate, and a provision for herself out of it during his absence, as it was uncertain whether he was alive or dead. This act he suffered to be solicited and passed, and enjoyed the pleasure of reading the progress of it in the votes, in a little coffeehouse, near his lodging, which he frequented. Upon his quitting his house and family in the manner I have mentioned, Mrs Howe at first imagined, as she could not conceive any other cause for such an abrupt elopement, that he had contracted a large debt unknown to her, and by that means involved himself in difficulties which he could not easily surmount; and for some days she lived in continual apprehensions of demands from creditors, of seizures, executions, &c. But nothing of this kind happened; on the contrary, he did not only leave his estate quite free and unencumbered, but he paid the bills of every tradesman with whom he had any dealings; and upon examining his papers, in due time after he was gone, proper receipts and discharges were found from all persons, whether tradesmen or others, with whom he had any manner of transactions or money concerns.

Mrs Howe, after the death of her children, thought proper to lessen her family of servants, and the expenses of her housekeeping, and therefore removed from her house in Jermyn Street to a little house in Brewer Street, near Golden Square. Just over against her lived one Salt, a corn-chandler. About ten years after Howe's abdication, he contrived to make an acquaintance with Salt, and was at length in such a degree of intimacy with him, that he usually dined with Salt once or twice a-week. From the room in which they ate, it was not difficult to look into Mrs Howe's dining-room, where she generally sat and received her company; and Salt, who believed Howe to be a bachelor, frequently recommended his own wife to him as a suitable match. During the last seven years of this gentleman's absence, he went every Sunday to St James's Church, and used to sit in Mr Salt's seat, where he had a view of his wife, but could not easily be seen by her.

After he returned home, he never would confess, even to his most intimate friends, what was the real cause of such a singular conduct; apparently, there was none; but whatever it was, he was certainly ashamed to own it. Dr Rose has often said to me, that he believed his brother Howe would never have returned to his wife, if the money which he took with him, which was supposed to have been £1,000 or £2,000, had not been all spent; and he must have been a good economist, and frugal in his manner of living, otherwise his money would scarce have held out; for I imagine he had his whole fortune by him, I mean what he carried away with him in money or bank bills, and daily took out of his bag, like the Spaniard in *Gil Blas*, what was sufficient for his expenses.

ANATOMICAL STUDIES.

Anatomy, considered in its largest sense, takes a very wide range; it is engaged not only in the whole animal kingdom, unbound as that is, but it is now carried into the vegetable kingdom—the researches of the botanical anatomist exposing daily new analogies between the two great divisions of animated nature. To comprehend exactly the use of parts—to know more clearly their mechanism, and in many instances to understand their structure, we must examine them, not in one animal, or class of animals only, but in the whole series. There is beyond all doubt prevailing through the whole animal kingdom such a similarity of parts and general arrangement, as strongly to favour the opinion that all have been formed after one type—inasmuch, that in the words of the greatest anatomist that ever lived, amid the innumerable diversities of size, of form, and of colour, of a number of different individuals of the same kingdom or class, we can detect the existence of certain resemblances in the structure, position, and respective functions of parts; and, with a little attention, we can discover their relations even when concealed beneath those differences which sometimes hide them from a superficial observation; in fact, we discover that there exists a sort of general plan which we can follow for a longer or shorter time in the chain of being, and which we can trace even in those which seem to be perfectly anomalous. Anatomy thus pursued through the whole animal kingdom, enables us to compare the same organs in different classes, the diversified bones of the same apparatus performing the same functions, but in a more or less elaborate manner. We are thus enabled to see what are the additions to or subtractions from their apparatus, in virtue of which the functions they perform become more complex or more simple. Let us endeavour to illustrate this by a familiar example. Throughout the whole chain of the animal kingdom nutrition is accomplished by the taking into the body of the animal some particles of matter from without, which particles, after remaining within the animal for some time, become in the greatest part assimilated to and united with the substance of the animal itself. These particles are always taken from the animal or vegetable kingdom, and, as must be obvious, will be more easily assimilated to an animal body in the for-

mer than in the latter instance; for in the one instance vegetable matter must receive such an addition as will give it animal particles and constitute it animal matter, while in the other no such addition is necessary. We observe considerable differences in the manner in which these particles are separated from their former connections, in order to be introduced into the body of the animal; in other words, there are various contrivances by which animals seize upon their prey, and convey their food into the apparatus appointed to its reception. Thus, among a very low class of animals, whose bodies are wholly gelatinous, and almost perfectly transparent, the act is accomplished by long and delicate fibrils or prolongations from the body of the animal surrounding its mouth, by which it can seize upon the prey, processes termed *tentacula*, in which, as it were, entangles the object of its pursuit, and conveys it to the mouth; and existing as these animals always do in the water, they are enabled by the motion of these *tentacula* to produce a current so as to attract minute animals or particles of animal matter to themselves.—*Dr Todd's Lecture on Anatomy at the Westminster Hospital School.*

HYPOCRITICAL RESPECT FOR ANCIENT WRITERS.

It may, we think, be safely affirmed that nine-tenths of those who are accustomed to pronounce the name of Milton with emotions of admiration and respect, are for the most part not far from acquainted with his immortal works, than by occasionally looking over the first three books of *Paradise Lost*, and a few scattered passages of the remainder. If we allow a casual perusal of two of *Comus*, and the minor poems, it is all that the justice of criticism can concede to the generality of readers. And this we believe, in conscience, is more or less the case with the greater part of the idols of antiquity, whose works are rather regarded with superstitious reverence than with sincere and heartfelt veneration. The worship of our ancient writers is grown into an established faith. They are accordingly regarded with much apparent deference, and enjoy the ceremonial applause of many seeming votaries, who acquiesce in their claims to admiration, because these have long been hereditary, but without any active participation in the zeal which still animates the orthodox belief of a few remaining devotees. For one catholic admirer of Shakespeare and Milton, we have little doubt that Scott and Byron could enumerate twenty heretical disciples.—*Retrospective Review*, ix. 1.—[We quote this sagacious paragraph, as a support to the article in our 157th number, entitled "Dissection of a Classic Poem."]

FINE SENTENCE IN HOOKER.

Hooker, in his *Ecclesiastical Polity*, says, The time will come when three words, uttered with charity and meekness, shall receive a far more blessed reward than three thousand volumes written with disdainful sharpness of wit.

MATERNAL DEVOTION.

The following instance of maternal anxiety, evinced by a large bear for the safety of its offspring, occurred shortly after we reached our winter quarters (Polar regions), and affords a striking example to many of the human race. She was seen with her two cubs, about half a mile from where the ships lay. Our Esquimaux dogs gave chase, and the unwieldy animal, finding her retreat to the land cut off, made for the edge of the ice at the entrance of the harbour, where the sea was still partly open. The swiftness of the dogs exceeding that of the young cubs, the mother kept in the rear of her offspring, acting on the defensive, and nobly contesting every inch of ground until she had effectually covered their retreat. After they had taken the water, her sagacity told her to keep her enemy at bay until the young ones were comparatively beyond their reach. Then she persevered in with remarkable courage, until she considered them free from danger; then suddenly wheeling round, she plunged into the sea, and swam boldly after her progeny. The poor mother had, however, another enemy to contend with. While she was thus engaged with the dogs, a party of our seamen had launched a boat over the ice, but not before the bears had swam nearly a mile from its edge. At this period of the chase there were but few on board who did not feel a lively interest in the result. The scene was unusually animating; the animal had identified itself with the best feelings of our nature; she had fought with desperate energy for the preservation of her offspring; and I confess that I for one almost hoped she might escape. As the boat approached the bears, the parent seemed bewildered in her painful anxiety for the safety of her cubs. Wholly regardless of her own danger, she dived repeatedly, and alternately supporting them in the water, she endeavoured to urge them forward. When they were wounded, she dived again and rose to the surface, so as to place them on her back: thus singularly balanced, she swam with her offspring in that position until her destruction was accomplished.

—*United Service Journal.*

SANATORY EFFECTS OF CULTIVATION.

Vegetation, when assisted by human contrivance, is the best possible means of improving the air, and rendering a country fitter for the abode of mankind. Cultivation removes the corrupt and decaying vegetables; and, by turning them under the earth, makes them nourish the ground instead of poison the air.

Many of our colonies, at one time so deadly, are now healthy, not so much from the care of the new-comer in avoiding the remote cause of disease, as from the greater number of these causes being removed by cultivation. I mean here, by cultivation, that treatment of the land by which it will furnish the largest possible quantity of food for man, and the domestic animals he employs. Wherever we find the *severalia* capable of growing, that country is, or by human labour may be made, healthy. Cultivation, likewise, always renders a country warmer; for a large quantity of vegetable matter is raised on a given space; and what is vegetable life but the conversion of certain gases, oxygen, hydrogen, azote, and carbonic acid, into solid matter, and a change of form—an alteration from a rarer to a denser state—which must be accompanied by the extrication of heat? What is it that makes living vegetables so difficult of being frozen, compared to dead ones, but this constant formation and existence of caloric in them? As an example of the evolution of heat, by the process of vegetation, it may be mentioned, that on looking into a wood in spring, we will find the small plants more advanced in size and strength than those of the plains. In the woods of North America small berries are found much sooner ripe than in the cleared lands.—*Kilgour's Therapeutics.*

CAPTURE OF TRINIDAD.

When the British soldiers landed, they broke open the boiling-house and distillery, and made grog in a most original manner, and on a very extensive scale. They rolled out three hogsheads of sugar and seven puncheons of rum, which they emptied into a well of water, drew up the mixture in buckets, and drank it. This singular mode of making grog was introduced by the regiment under the command of Colonel Picton—the immortal Picton of Waterloo. During his government, he endeavoured to make the colonial department reimburse the proprietor of the plantation for the damage sustained on the landing of his regiment: this he was not able to accomplish. Sir Thomas Picton was one of the most able governors this island ever had. His way of treating debtors that had the means, but wanted the will to pay, was original; instead of undergoing the heavy delay of a Spanish law process, creditors were in the habit of going to Governor Picton. He would summon the debtor before him, and ask him if the plaintiff's claim was just. If the defendant answered in the affirmative, Picton rejoined, "Pay him, sir, immediately." Perhaps the defendant would remark that he had not the money at the moment. "When will you have it, sir?" "This day week." Here the governor would say, addressing the plaintiff, "Here is your money," at the same time paying him himself; and then, turning to the defendant, he would add, "Take care, sir, that you produce the money within ten days." This was enough, for few men would venture to trifle with the governor. He had the art of making himself loved and respected by the honest members of the community, and feared by the worthless.—*Monthly Magazine for January.*

OLD ENGLISH HOSPITALITY.

In the olden time (according to Kitchener), it was customary for every family in England to have a complete code of economic laws; the most minute attention was paid to the most inconsiderate domestic expense, and the formal stated orders established with regard to many particulars, were precise in the extreme. The Northumberland Household Book for 1512 is a very curious specimen of such a system of ancient economics, in fifty chapters, and four hundred and sixty-four closely printed 8vo pages; this curious and scarce book is one of the most singular and exact accounts of ancient manners that English antiquity affords us. The earl's family consisted of one hundred and sixty-six persons, masters and servants, and fifty-seven strangers were expected every day—in the whole, two hundred and twenty-three. Twopence halfpenny was reckoned to be the daily expense of each for meat, drink, and firing: and one thousand pounds the annual expense of housekeeping—when being then five shillings and eighteen pence per quarter. This earl's domestic concerns were managed with such extreme exactness, and such rigid economy, that the number of pieces which must be cut out of every quarter of beef, mutton, &c. are determined, and must be entered and accounted for by the clerks appointed for that purpose, so there cannot be any thing more erroneous than the magnificent ideas many people have of the unbounded liberality of "old English hospitality." It may amuse the reader to relate a specimen of the pompous, and even royal style assumed by this feudal chieftain; he does not give an order for the making of mustard, of which it is stated that the annual allowance was one hundred and sixty-six gallons, but it is introduced with the following formal preamble: "It seemeth Good to Us, and our Council," &c.—*Kitchener's Household Ledger.*

EDINBURGH: Published, weekly, by W. and R. Chambers, 19, Waterloo Place; Orr & Smith, Paternoster-row, London; and George Young, Dublin.—Agent in Glasgow, John Macleod, 20, Argyle Street; and sold by all other Booksellers in Great Britain and Ireland.

••• Subscribers to town may have the Paper left at their houses every Saturday morning, by giving their addresses at 19, Waterloo Place. Price of a quarter of twelve weeks, 1s. 6d.; and of a year, 6s. 6d. In every case payable in advance.

From the Steam-press of W. and R. Chambers.